



# Iowa CACFP Individual Infant Weekly Menu

## Abbreviations

C Ch = Cottage Cheese  
Ch = Cheese  
Ft = Fruit  
HM = Human Milk  
IFF = Iron Fortified Infant Formula  
IFC = Iron Fortified Infant Cereal

Opt = Optional  
Tbsp = Tablespoon  
Veg = Vegetable  
Oz = Ounce

**Directions:** This weekly menu form is for one infant. Date and complete the menus as served.

Month & Year		Infant's Name					
Formula Name		Birth date		Age			
Who provides formula?		Parent or Center (circle one)		Optional foods tried and now required			
	Age	Infant Meal Pattern*	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt)					
	8-11 mo (until 1 <sup>st</sup> birthday)	6-8 oz HM or IFF					
		2-4 Tbsp IFC					
		1-4 Tbsp Ft and/or Veg					
Snack	0-7 mo	4-6 oz HM or IFF					
	8-11 mo (until 1 <sup>st</sup> birthday)	2-4 oz HM or IFF or Ft Juice					
		0-½ slice Bread or 0-2 Crackers (Opt)					
Lunch	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt)					
		0-3 Tbsp Ft and/or Veg (Opt)					
	8-11 mo (until 1 <sup>st</sup> birthday)	6-8 oz HM or IFF					
		1-4 Tbsp Ft and/or Veg					
2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread							
Snack	0-7 mo	4-6 oz HM or IFF					
	8-11 mo (until 1 <sup>st</sup> birthday)	2-4 oz HM or IFF or Ft Juice					
		0-½ slice Bread or 0-2 Crackers (Opt)					
Supper	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt)					
		0-3 Tbsp Ft and/or Veg (Opt)					
	8-11 mo (until 1 <sup>st</sup> birthday)	6-8 oz HM or IFF					
		1-4 Tbsp Ft and/or Veg					
2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread							

\* Minimum quantities are listed, some infants will need more food to satisfy their hunger and to be healthy.

Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.



Revised 1/2015

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Month & Year	October 2011	Infant's Name	Cali Jones
Formula Name	Enfamil	Birth date	February 1, 2011
Who provides formula?	(Parent) or Center (circle one)	Age	8 mo
		Optional foods tried and now required	bread & wheat crackers - center provides

	Age	Infant Meal Pattern*	Monday Date: 3	Tuesday Date: 4	Wednesday Date: 5	Thursday Date: 6	Friday Date: 7
Breakfast	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF 0-3 Tbsp IFC (Opt)					
	8-11 mo (until 1 <sup>st</sup> birthday)	6-8 oz HM or IFF	HM	HM	HM	HM	HM
		2-4 Tbsp IFC 1-4 Tbsp Ft and/or Veg	IFC - rice apple sauce	IFC - oats peaches	IFC - mix apricots	IFC - muffin plums	IFC - muffin apricots
Snack	0-7 mo	4-6 oz HM or IFF					
	8-11 mo (until 1 <sup>st</sup> birthday)	2-4 oz HM or IFF or Ft Juice					
		0-½ slice Bread or 0-2 Crackers (Opt)					
Lunch	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF 0-3 Tbsp IFC (Opt) 0-3 Tbsp Ft and/or Veg (Opt)					
	8-11 mo (until 1 <sup>st</sup> birthday)	6-8 oz HM or IFF	HM	HM	HM	HM	HM
		1-4 Tbsp Ft and/or Veg 2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread	green beans IFC - mix	potatoes ground beef	squash American cheese	bananas turkey	carrots kidney beans
Snack	0-7 mo	4-6 oz HM or IFF					
	8-11 mo (until 1 <sup>st</sup> birthday)	2-4 oz HM or IFF or Ft Juice	grape juice	HM	IFF	HM	apple juice
		0-½ slice Bread or 0-2 Crackers (Opt)	(saltines)	(bread)	(graham crackers)		(bread)
Supper	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF 0-3 Tbsp IFC (Opt) 0-3 Tbsp Ft and/or Veg (Opt)					
	8-11 mo (until 1 <sup>st</sup> birthday)	6-8 oz HM or IFF					
		1-4 Tbsp Ft and/or Veg 2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread					

\* Minimum quantities are listed, some infants will need more food to satisfy their hunger and to be healthy.  
Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.